

## Fatty Acids, Tocopherol and Phenolic Contents of Organic and Conventional Grown Hazelnuts

H. Karaosmanoglu<sup>1\*</sup> and N. S. Ustun<sup>2</sup>

### ABSTRACT

The aim of this study was to determine the total phenolic content and antioxidant activity as well as fatty acids and tocopherol compositions of organic and conventionally grown hazelnut (*Corylus avellana*). Organic hazelnuts were found to be richer in terms of palmitoleic acid ( $P < 0.05$ ). The production method did not influence other parameters, but the variety factor affected many parameters. In all varieties, oleic acid was the predominant fatty acid followed by linoleic, palmitic, and stearic acids. The lowest atherogenic index was determined at Sivri and no difference was detected in terms of thrombogenic index ( $P < 0.05$ ). In all varieties,  $\alpha$ ,  $\beta$ ,  $\gamma$ ,  $\delta$ -tocopherol were detected and  $\alpha$ -tocopherol was dominant. The highest amount of tocopherol was detected in Mincane (549.73 mg kg<sup>-1</sup> fat). The highest amount of phenolic substance (546.53 mg 100 g<sup>-1</sup> GAE) and antioxidant activity (48.84%) were detected in Çakıldak, probably due to the plant exposure to stress in high and cold regions. Results of the extensive analyses showed that organic hazelnuts had no significant differences with the conventional ones in terms of the parameters examined.

**Keywords:**  $\alpha$ -Tocopherol, Antioxidant, Atherogenicity, Conventional food, *Corylus avellana*, Organic food.

### INTRODUCTION

Hazelnut within the *Betulaceae* family is one of the most consumed nuts around the world (Pelvan *et al.*, 2018; Karaosmanoğlu and Üstün, 2017). The most important nut-producing countries are Turkey, Italy, Spain, and Portugal, while the United States and Georgia are the other major producer countries (Pelvan *et al.*, 2012; Marzocchi *et al.*, 2017). Although there are a total of 18 different varieties of hazelnut produced in Turkey, only seven of these varieties (Tombul, Foşa, Mincane, Palaz, Karafındık, Sivri, and Çakıldak) are of commercial significance (Pelvan *et al.*, 2012). As well as its economic importance, hazelnut is a good source of energy and is an important food for human nutrition due to the carbohydrate, fat, protein, dietary fiber, vitamins and

minerals present in its content (Alasalvar *et al.*, 2003a; Kıralan *et al.*, 2015; Malekjani *et al.*, 2017).

According to the results of the purchasing surveys, consumers think that the nutritional content of organic foods is richer than conventional food, more beneficial for health and tastier, and they are willing to pay more (Crecente-Campo *et al.*, 2012; Yadav and Pathak 2016; Chekima *et al.*, 2017; Hansen *et al.*, 2018; Asif *et al.*, 2018). In parallel with the increasing demand for organic food, organic food production and organic farming have also been on the rise in recent years (Maggio *et al.*, 2013). Approximately 80 billion Euros of organic food production has been made by 2.7 million producers in 57.8 million hectares (FiBL and IFOAM, 2018).

According to the data of 2016, the organic

<sup>1</sup> Hazelnut Expertise Program, Technical Vocational School, Giresun University, Giresu, Turkey.

<sup>2</sup> Department of Food Engineering, Faculty of Engineering, Ondokuz Mayıs University, Samsun, Turkey.

\*Corresponding author; e-mail: hasan.karaosmanoglu@giresun.edu.tr



hazelnut production in Turkey was 12,962 kg, comprising about 2% of the total hazelnut production, and it is increasing as in other organic foods (GTHB, 2018). Numerous studies have been done to determine the nutrient content of organic and conventional foods, but only a few studies have been done to determine the nutritional content of organic hazelnut. In these studies, it was observed that there was no difference between raw fat and protein amount of nuts grown in organic and conventional conditions (Koç and Bostan, 2010; Turan *et al.*, 2010).

It is important for consumers to know the content of oil and phenolics of organic hazelnuts since they are priced higher on the market than conventionally produced hazelnuts. While no studies have been found in the literature on the effects of organic farming practices on fatty acids and tocopherol compositions of hazelnut, very little work has been done on the amount of phenolics. In this study, fatty acid composition, tocopherol profile, total phenolic content and antioxidant activity of hazelnut varieties grown on organic and conventional conditions were investigated.

## MATERIALS AND METHODS

### Sample Collection

The material of the work were hazelnuts produced in Trabzon, Ordu, Samsun and Düzce according to certified organic and conventional agricultural systems, and harvested in 2015. Collected hazelnut samples were selected from commercially important varieties in each region. Foşa, Sivri and Mincane varieties from Trabzon Province; Tombul, Palaz and Çakıldak varieties from Ordu and Samsun Provinces; and Foşa, Sivri and Tombul varieties from Düzce Province. Each hazelnut variety from each province was represented with three kg of shelled hazelnuts from three different producers. Thus, for each province 18 samples, 9 of which were organic and 9

conventional, and totally 72 different samples were collected, of which 36 were organic and 36 conventional. The collected samples were stored in packages made of kraft paper until they were analyzed.

### Oil Extraction

Extraction of lipids from hazelnut samples was done according to the method used by Bligh and Dyer (1959).

### Fatty Acid Analysis

To obtain the fatty acid methyl esters (ISO, 1978), 0.5 g of oil was weighed into Erlenmeyer flask and mixed with 4 mL of iso-octane and 2 mL of methanolic KOH solution, followed by shaking for 30 seconds. Then, the Erlenmeyer was closed and left in the dark for 6 minutes, then, 2 drops of 1% methyl orange indicator were dropped and the solution was titrated with 1M HCl until pink color appeared. After the content was rested for 15 minutes, the colorless upper layer was transferred into glass vials and analyzed in GC. Composition of fatty acids was determined using Shimadzu brand (Model GC-2010, Japan) gas chromatography with a flame ionization detector (FID) and TR-CN100 column (60 m×0.25 mm ID, 0.20 µm) (Teknokroma, Spain). The injector temperature was set at 250°C and the detector temperature was set at 250°C. The amount of sample injected was 1.0 µL and helium at pressure of 200 kPa was used as carrier gas. Injection was performed at a ratio of 1:100. The column temperature was maintained at 90°C for 7 minutes, then, the temperature was increased to 240°C increasing by 5°C min<sup>-1</sup>. Finally, it was held at 240°C for 15 minutes. Fatty acids were identified by comparison with the time of arrival of the FAME mixture (Supelco 37 Component FAME Mixture, Cat. No. 18919-1AMP, Bellefonte PA, USA) consisting of 37 standard components (Karaosmanoğlu and Üstün, 2019). The

results were expressed in relative percentage of each fatty acid, calculated by the chromatographic peak areas.

### Atherogenicity and Thrombogenicity Indexes

The atherogenic and thrombogenic indexes of hazelnut oils were calculated according to the following equations as defined by Ulbricht and Southgate (1991) (Bezerra *et al.*, 2017).

$$AI = \frac{C12:0 + 4 \times C14:0 + C16:0}{\sum MUFA + \sum FAW6 + \sum FAW3}$$

$$TI = \frac{C14:0 + C16:0 + C18:0}{(0.5 \times \sum MUFA) + (0.5 \times \sum FAW6) + (3 \times FAW3)}$$

MUFA: Monounsaturated fatty acids

FAW6: omega-6 fatty acids

FAW3: omega-3 fatty acids

### Tocopherol analysis

The standard method specified in AOCS Ce 8-89 (1997) was used to determine the tocopherol composition of the samples. The extruded 1 g hazelnut oil was completed with 10 mL hexane and the resulting mixture was injected into the HPLC device through a 0.45 µm PTFE syringe filter. Shimadzu-Prominence LC-20A was analyzed in the following conditions. HPLC Conditions: Column: C-8 (250×4 mm) 5 µm, Flow rate: 1 mL min<sup>-1</sup>, Mobile phase: Hexane:Isopropyl alcohol (99:1), Wavelength: 295 nm, Column temperature: 25°C. Tocopherol content of hazelnut was expressed as mg tocopherol per kg of hazelnut oil.

### Total Phenolics Content and Antioxidant Activity

The total amount of phenolics was determined with UV-visible spectrophotometer by modifying the Folin-Ciocalteu colorimetric method (Singleton and

Rossi, 1965). The results are expressed as Gallic Acid Equivalent (GAE).

The DPPH radical (2,2-DiPhenyl-1-PicrylHydrazyl) reduction power method was used to determine the antioxidant capacity of oil removed from hazelnut extracts. Antioxidant analysis of extracts according to the DPPH method was carried out by modification of the method of Atoui *et al.* (2005). The reduction power of % DPPH radical of the samples was determined by the following formula.

$$\% \text{ Inhibition} = \frac{(\text{ADPPH} - \text{AS})}{\text{ADPPH}} \times 100$$

Where, ADPPH: Absorbance of the control, AS: Absorbance of the Sample.

### Statistical Analysis

The experiments were performed in triplicates in a completely randomized block design. Descriptive statistics were obtained using the SPSS v22.0 software. Statistical tests were performed using the SAS-JAMP v10.0 software, and one-way ANOVA was conducted for significant differences among the results, followed by the Least Significance Difference (LSD) test for the multiple comparisons of means. Results were tested for significant difference at  $P < 0.05$ .

## RESULTS AND DISCUSSION

### Fatty Acid Composition, Atherogenic and Thrombogenic Indexes of Organic and Conventional Hazelnuts

The fatty acid composition of hazelnut cultivated by organic and conventional methods is given in Table 1. It was determined that cultivation method was effective only on palmitoleic acid. This value was 0.17% in organic hazelnut and 0.16% in conventional hazelnut ( $P < 0.05$ ). The method of production was not effective on the amounts of other fatty acids ( $P > 0.05$ ). In the literature, no studies on comparison of fatty acids of organic and conventional hazelnut oils were found.

**Table 1.** Fatty acid composition of organic and conventional hazelnuts (%).

Fatty Acids	Cultivar Agr Meth	Çakıldak	Foşa	Mincane	Palaz	Sivri	Tombul	Agr Meth mean
Palmitic acid	Organic	5.69±0.10	5.21±0.09	5.67±0.14	5.60±0.09	5.19±0.10	5.27±0.08	5.44±0.04
	Conv	5.53±0.10	5.17±0.09	5.78±0.14	5.45±0.09	5.16±0.10	5.17±0.08	5.37±0.04
Palmitoleic acid	Cultivar Mean	5.61±0.07 A	5.19±0.07 B	5.72±0.10 A	5.53±0.07 A	5.17±0.07 B	5.22±0.06 B	
	Organic	0.19±0.01	0.16±0.01	0.17±0.01	0.20±0.01	0.16±0.01	0.17±0.01	0.17±0.01a
Margaric acid	Conv	0.17±0.01	0.15±0.01	0.18±0.01	0.18±0.01	0.16±0.01	0.15±0.01	0.16±0.01b
	Cultivar Mean	0.18±0.01 AB	0.15±0.01 D	0.17±0.01 BC	0.19±0.01 A	0.16±0.01 CD	0.16±0.01 C	
Heptade- cenoic acid	Organic	0.04±0.00	0.04±0.00	0.04±0.00	0.03±0.00	0.04±0.00	0.04±0.00	0.04±0.00
	Conv	0.04±0.00	0.04±0.00	0.04±0.00	0.04±0.00	0.03±0.00	0.04±0.00	0.04±0.00
Stearic acid	Cultivar Mean	0.08±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00
	Organic	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00
Oleic acid	Conv	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00	0.07±0.00
	Cultivar Mean	2.34±0.11	2.70±0.11	2.50±0.15	2.44±0.11	2.59±0.11	2.41±0.09	2.50±0.05
Linoleic acid	Organic	2.47±0.11	2.65±0.11	2.35±0.15	2.73±0.11	2.38±0.11	2.54±0.09	2.52±0.05
	Conv	2.41±0.08	2.67±0.08	2.42±0.11	2.59±0.08	2.48±0.08	2.47±0.06	
Arachidic acid	Cultivar Mean	81.54±0.70	82.20±0.70	84.30±0.98	81.92±0.70	81.80±0.70	81.42±0.57	82.19±0.30
	Organic	83.24±0.70	82.08±0.70	84.13±0.98	82.35±0.70	81.47±0.70	81.90±0.57	82.52±0.30
Eicosenoic acid	Cultivar Mean	82.39±0.49	82.14±0.49	84.21±0.70	82.14±0.49	81.64±0.49	81.66±0.40	
	Organic	9.76±0.69	9.27±0.69	9.61±0.98	9.36±0.69	9.74±0.69	10.25±0.56	9.22±0.30
Linolenic acid	Conv	8.11±0.69	9.47±0.69	7.12±0.98	8.79±0.69	10.34±0.69	9.76±0.56	8.93±0.30
	Cultivar Mean	8.94±0.50 A	9.37±0.50 A	7.02±0.70 B	9.08±0.49 A	10.04±0.50 A	10.00±0.40 A	
ΣSFA	Organic	0.12±0.00	0.13±0.00	0.12±0.00	0.12±0.00	0.12±0.00	0.12±0.00	0.12±0.00
	Conv	0.13±0.00	0.13±0.00	0.11±0.00 C	0.13±0.00 A	0.12±0.00	0.12±0.00	0.12±0.00
ΣMUFA	Cultivar Mean	0.12±0.00 AB	0.12±0.00 AB	0.11±0.00 C	0.13±0.00 A	0.12±0.00 ABC	0.12±0.00 BC	
	Organic	0.16±0.00	0.16±0.00	0.15±0.01	0.16±0.00	0.18±0.00	0.17±0.00	0.16±0.00
ΣPUFA	Conv	0.15±0.00	0.18±0.00	0.15±0.01 D	0.16±0.00 BC	0.17±0.00	0.17±0.00	0.16±0.00
	Cultivar Mean	0.16±0.00 CD	0.17±0.00 AB	0.15±0.00 D	0.16±0.00 BC	0.18±0.00 A	0.17±0.00 AB	
ΣTFA	Organic	0.08±0.00	0.07±0.00	0.08±0.00	0.08±0.00	0.09±0.00	0.08±0.00	0.08±0.00
	Conv	0.08±0.00	0.07±0.00	0.08±0.00	0.08±0.00	0.09±0.00	0.08±0.00	0.08±0.00
ΣMUFA	Cultivar Mean	0.08±0.00 AB	0.07±0.00 C	0.08±0.00 BC	0.08±0.00 BC	0.09±0.00 A	0.08±0.00 B	
	Organic	8.18±0.18	8.07±0.18	8.32±0.25	8.20±0.18	7.95±0.18	7.83±0.14	8.09±0.07
ΣPUFA	Conv	8.17±0.18	7.98±0.18	8.27±0.25	8.35±0.18	7.70±0.18	7.86±0.14	8.05±0.07
	Cultivar Mean	8.17±0.13 AB	8.02±0.13 ABC	8.30±0.18 A	8.28±0.13 A	7.82±0.13 BC	7.85±0.10 C	
ΣTFA	Organic	81.97±0.67	82.59±0.67	84.69±0.97	82.36±0.69	82.22±0.69	81.84±0.56	82.61±0.30
	Conv	83.64±0.67	82.48±0.67	84.53±0.97	82.77±0.69	81.87±0.69	82.30±0.56	82.93±0.30
ΣMUFA	Cultivar Mean	82.81±0.49	82.53±0.49	84.61±0.69	82.56±0.49	82.05±0.49	82.07±0.40	
	Organic	9.84±0.70	9.33±0.70	6.99±0.98	9.43±0.69	9.83±0.69	10.34±0.57	9.30±0.30
ΣPUFA	Conv	8.19±0.70	9.54±0.70	7.18±0.98	8.88±0.69	10.43±0.69	9.84±0.57	9.01±0.30
	Cultivar Mean	9.02±0.49 A	9.44±0.49 A	7.09±0.69 B	9.16±0.49 A	10.13±0.49 A	10.09±0.40 A	
ΣTFA	Organic	91.82±0.13	91.93±0.26	91.68±0.09	91.80±0.29	92.05±0.13	92.17±0.12	91.91±0.07
	Conv	91.83±0.05	92.02±0.23	91.73±0.15	91.65±0.17	92.30±0.11	92.14±0.15	91.95±0.07
ΣTFA	Cultivar Mean	91.83±0.13 BC	91.98±0.13 ABC	91.71±0.18 C	91.73±0.13 C	92.18±0.13 AB	92.16±0.10 A	
	Organic	91.83±0.05	92.02±0.23	91.73±0.15	91.65±0.17	92.30±0.11	92.14±0.15	91.95±0.07

\* Values are expressed as mean ± standard error. Tombul n= 9; Foşa, Sivri, Palaz n= 6; Mincane n= 3. Values in the same parameters and column with different lower-case are significantly different (P< 0.05). Values in the same row with different capital letters are significantly different (P< 0.05).

Samman *et al.* (2008) reported that the production methods of coconut, olive, canola, mustard seeds and sesame oils have no consistent effect on the fatty acid profile. The highest content of fatty acids in all hazelnut varieties observed for MonoUnsaturated Fatty Acids (MUFA) ranged from 82.05% (Sivri) to 84.61% (Mincane). It was determined that the oleic acid (81.64-84.21%) was the most abundant MUFA fatty acid. PolyUnsaturated Fatty Acids (PUFAs) were the second most common and their rates varied between 7.09-10.13%. Linoleic acid was the most abundant PUFA and it ranged between 10.04% (in Sivri)-7.02% (in Mincane). There was a significant difference in terms of Unsaturated Fatty Acids (UFA) between varieties. Significant differences were observed among the varieties in terms of Saturated Fatty Acids (SFA), with the highest rate in Mincane (8.30%) and the lowest in Tombul (7.85%). In all varieties, the highest amount of saturated fatty acid was palmitic acid, the highest amount of which was found in Mincane (5.72%) and the lowest in Sivri (5.17%); and stearic acid varied from 2.41 to 2.67%.

According to Tüfekci and Karataş (2018), predominant fatty acid in hazelnut was oleic acid (82.35%), followed by linoleic acid (9.10%), palmitic acid (5.18%) and stearic acid (2.56%) and these results were similar to our results. Safari and Alizadeh (2007) reported that oleic acid was the major fatty acid (76.21%) in hazelnut grown in Iran. According to Alasalvar *et al.* (2010), oleic acid content was 77.77-86.91%, linoleic acid content 3.86-13.77%, palmitic acid 5.00-6.62% and stearic acid 2.08-3.31% in Turkish hazelnuts. Taş and Gökmen (2015) stated that the  $\Sigma$ SFA changed between 7.49% and 10.75% and the  $\Sigma$ UFA changed between 87.9% and 91.1%. In another study, among Sivri, Mincane, Tombul, Palaz, Foşa and Çakıldak varieties, the results of the highest and the lowest values were found as; palmitic acid 6.35% (Palaz) and 5.58% (Sivri), stearic acid 3.00% (Tombul) and 2.19% (Çakıldak), oleic acid 84.11%

(Mincane, Palaz) and 81.80% (Foşa), linoleic acid 9.07% (Foşa) and 6.07% (Palaz) (Kıralan *et al.*, 2015).

The Atherogenic (AI) and Thrombogenic Indexes (TI) are given in Table 2. While the type of production method has no consistent effect on AI and TI values, the variety factor has been effective on AI. The highest AI value was found in Mincane (0.25) and the lowest in Sivri (0.22). TI value was found to vary between 0.17-0.18. AI and TI are used to determine the lipid quality of foods, since low (near zero) AI and TI values are desirable for human health, particularly for the prevention of coronary diseases (Bezerra *et al.*, 2017). Due to the low AI and TI values, Sivri hazelnut is important in this regard.

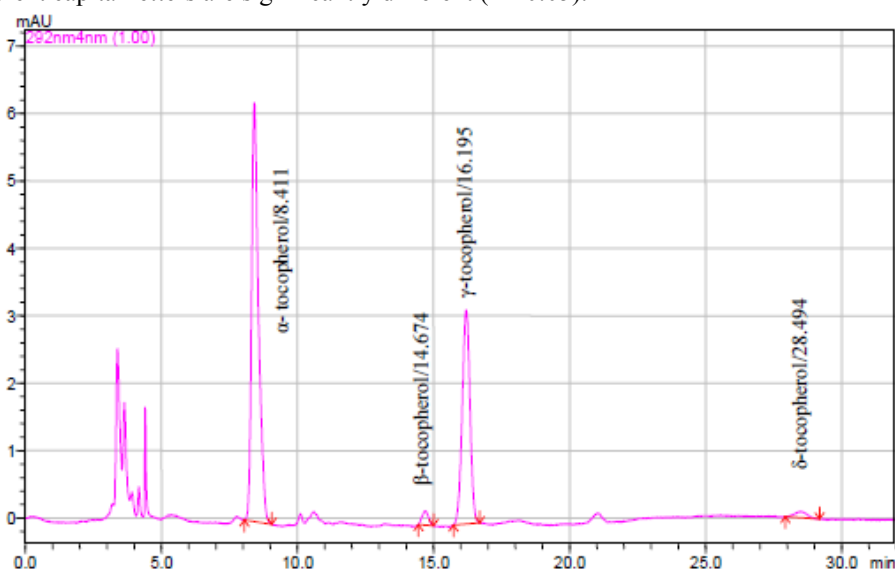
#### Tocopherol Compositions of Organic and Conventional Hazelnuts

In terms of tocopherol profile of hazelnut oil, the chromatograms of all hazelnut varieties showed great similarity. A typical chromatogram showing the tocopherol profile of hazelnut oil is given in Figure 1. Tocopherol compositions of hazelnuts grown by organic and conventional methods are given in Table 3. The total tocopherol content of organic hazelnuts was determined as 477.31 mg kg<sup>-1</sup> fat and the conventional ones as 480.71 mg kg<sup>-1</sup> fat, and the difference was not significant ( $P>0.05$ ). The varietal factor was effective on total tocopherol ( $P<0.05$ ), and the highest amount of tocopherol was found in Mincane (549.73 mg kg<sup>-1</sup> fat) and lowest in Palaz (451.95 mg kg<sup>-1</sup> fat). No research was found in the literature on the amount of tocopherols in organic hazelnuts. According to the report of Taş and Gökmen (2015), the total tocopherol amount of Turkish hazelnuts vary between 194-412 mg kg<sup>-1</sup> fat. Alasalvar *et al.* (2009) found 463 mg kg<sup>-1</sup> fat total tocopherol in Tombul and 426.5 mg kg<sup>-1</sup> fat in Sivri. Köksal *et al.* (2006) reported total tocopherol content as follows: 272 mg kg<sup>-1</sup> fat in Çakıldak, 249 mg kg<sup>-1</sup> fat in Foşa, 226

**Table 2.** Atherogenic and thrombogenic indexes of organic and conventional hazelnuts.<sup>a</sup>

Parameters	Cultivar Agr Meth	Çakıldak	Foşa	Mincane	Palaz	Sivri	Tombul	Agr Meth mean
Atherogenic İndex	Organic	0.25±0.00	0.23±0.00	0.25±0.01	0.24±0.00	0.23±0.00	0.23±0.00	0.24±0.00
	Conv	0.24±0.00	0.22±0.00	0.25±0.01	0.24±0.00	0.22±0.00	0.22±0.00	0.23±0.00
	Cultivar	0.24±0.00	0.23±0.00	0.25±0.00	0.24±0.00	0.22±0.00	0.23±0.00	
	Mean	A	B	A	A	B	B	
Trombogenic İndex	Organic	0.17±0.00	0.17±0.00	0.18±0.01	0.17±0.00	0.17±0.00	0.17±0.00	0.17±0.00
	Conv	0.17±0.00	0.17±0.00	0.18±0.01	0.18±0.00	0.16±0.00	0.17±0.00	0.17±0.00
	Cultivar	0.17±0.00	0.17±0.00	0.18±0.00	0.18±0.00	0.17±0.00	0.17±0.00	
	Mean							

<sup>a</sup> Values are expressed as mean ± standart error. Tombul n= 9; Foşa, Sivri, Palaz n= 6; Mincane n= 3. Values in the same parameters and column with different subscripts are significantly different (P< 0.05). Values in the same row with different capital letters are significantly different (P< 0.05).

**Figure 1.** A sample from HPLC chromatograms showing tocopherol composition ( $\alpha$ ,  $\beta$ ,  $\gamma$ ,  $\delta$  tocopherol) in Tombul hazelnut samples.

mg kg<sup>-1</sup> fat in Mincane, 275 mg kg<sup>-1</sup> fat in Palaz, 283 mg kg<sup>-1</sup> fat in Sivri, and 414 mg kg<sup>-1</sup> fat in Tombul.

Factors such as variety, geographical origin, cultivation practices, fertilizer use, harvesting time, climate, light, temperature, humidity and storage conditions are thought to be effective on fatty acids and tocopherol compositions of hazelnuts (Alasalvar *et al.*, 2003b; Amaral *et al.*, 2006; Oliveira *et al.*, 2008). Venkatachalam and Sathe (2006) argued that genetic factors and environmental conditions could change the distribution of fatty acids. In our study,

differences in the distribution of fatty acids profile and tocopherol of hazelnut varieties are thought to be caused by genetic factors, climate, and soil type.

#### Total Amount of Phenolics and Antioxidant Activity in Organic and Conventional Hazelnuts

Antioxidant activity, measured by DPPH method, and the total amount of phenolics of hazelnuts grown by organic and conventional methods are given in Table 4.

**Table 3.** Tocopherol compositions of organic and conventional hazelnuts (mg kg<sup>-1</sup> oil).<sup>a</sup>

Tocopherol	Cultivar	Çakıldak	Foşa	Mincane	Palaz	Sivri	Tombul	Agricultural method mean
α-Tocopherol	Organic	341.01±32.01	342.87±32.01	371.51±45.39	310.48±32.09	350.28±32.09	320.09±26.02	339.37±13.81
	Conv	319.63±32.01	317.45±32.01	419.24±45.38	330.45±32.09	364.28±32.09	319.19±26.20	345.04±13.81
	Cultivar	330.32±22.69	330.16±22.69	395.37±32.09	320.47±22.69	357.28±22.70	319.65±18.53	
	Mean							
β-Tocopherol	Organic	29.47±1.24	31.23±1.24	30.33±1.76	27.27±1.24	31.12±1.24	29.40±1.01	29.80±0.53
	Conv	30.69±1.24	30.17±1.24	29.70±1.76	28.08±1.24	31.12±1.24	28.54±1.01	29.72±0.53
	Cultivar	30.08±0.88	30.70±0.88	30.01±1.24	27.68±0.88	31.12±0.88	28.97±0.72	
	Mean							
γ-Tocopherol	Organic	82.10±12.89	57.28±12.89	106.29±18.23	94.45±12.89	88.26±12.89	76.90±10.53	84.21±5.54
	Conv	74.83±12.89	84.07±12.89	92.44±18.23	63.34±12.89	77.33±12.89	93.44±10.53	80.91±5.55
	Cultivar	78.47±9.11	70.67±9.12	99.36±12.90	78.89±9.12	82.80±9.11	85.17±7.44	
	Mean							
δ-Tocopherol	Organic	21.20±1.80	24.27±1.80	25.03±2.56	25.26±1.81	25.47±1.80	22.28±1.47	23.92±0.78
	Conv	25.64±1.80	25.35±1.80	24.93±2.56	24.57±1.81	24.60±1.80	25.20±1.47	25.05±0.78
	Cultivar	23.42±1.28	24.81±1.28	24.98±1.81	24.91±1.28	25.04±1.28	23.74±1.04	
	Mean							
Total tocopherol	Organic	473.77±25.99	455.65±25.99	533.15±36.77	457.46±26.00	495.13±26.00	448.68±21.23	477.31±11.19
	Conv	450.79±25.99	457.03±25.99	566.30±36.77	446.43±26.00	497.34±26.00	466.38±21.23	480.71±11.19
	Cultivar	462.28±18.38 B	456.34±18.38 B	549.73±26.00 A	451.95±18.38 B	496.24±18.38 AB	457.53±15.01 B	
	Mean							

<sup>a</sup> Values are expressed as mean±standard error. Tombul n= 9; Foşa, Sivri, Palaz n= 6; Mincane n= 3. Values in the same parameters and column with different lower-case are significantly different (P< 0.05). Values in the same row with different capital letters are significantly different (P< 0.05).

**Table 4.** Total amount of phenolics and antioxidant activities in organic and conventional hazelnuts.<sup>a</sup>

Parameters	Cultivar	Çakıldak	Foşa	Mincane	Palaz	Sivri	Tombul	Agricultural method mean
Total phenolics (mg 100 g <sup>-1</sup> GAE)	Organic	591.94±43.27	257.78±43.27	215.56±61.19	331.11±43.27	301.67±43.27	389.44±35.32	347.91±18.61
	Conv.	501.11±43.27	277.50±43.27	271.67±61.19	385.83±43.27	293.06±43.27	392.22±35.33	353.56±18.61
	Cultivar	546.53±30.60 A	267.64±30.60 D	243.61±43.27 D	358.47±30.60 BC	297.36±30.60 CD	390.83±24.98 B	
	Mean							
%DPPH	Organic	49.81±4.28	20.91±4.28	14.60±6.06	21.89±4.28	21.84±4.28	31.50±3.50	26.76±1.84
	Conv.	47.87±4.28	19.10±4.28	12.07±6.06	33.12±4.28	21.50±4.28	36.25±3.50	28.32±1.84
	Cultivar	48.84±3.03 A	20.00±3.03 CD	13.33±4.28 D	27.50±3.03 BC	21.67±3.03 CD	33.87±2.47 B	
	Mean							

<sup>a</sup> Values are expressed as mean ± standard error. Tombul n= 9; Foşa, Sivri, Palaz n= 6; Mincane n= 3. Values in the same parameters and column with different lower-case are significantly different (P< 0.05). Values in the same row with different capital letters are significantly different (P< 0.05).



The amounts of phenolics in organic hazelnuts were determined as 347.91 mg 100 g<sup>-1</sup> GAE and those of conventional ones as 353.56 mg 100 g<sup>-1</sup> GAE, but the difference was not significant ( $P > 0.05$ ). In contrast, it was determined that the effect of the variety factor on the amount of phenolics in hazelnuts was significant: the highest amount was found in Çakıldak (546.53 mg 100 g<sup>-1</sup> GAE) and the lowest in Mincane (243.61 mg 100 g<sup>-1</sup> GAE) ( $P < 0.0001$ ). According to Pelvan *et al.* (2012), the total amount of phenolic substances in Çakıldak, Foşa, Mincane, Palaz, Sivri and Tombul was 246, 178, 337, 727, 486, 432 mg 100 g<sup>-1</sup> GAE, respectively. According to Pelvan *et al.* (2018), the total amount of phenolics in Tombul hazelnut was 171 mg 100 g<sup>-1</sup> GAE. The percentage of radical scavenging activity of the organic nuts was found to be 26.76% and for conventional nuts 28.32%, with no difference between them ( $P > 0.05$ ). In parallel with the total amount of phenolic substances, the highest antioxidant capacity was in Çakıldak (48.84%) and the lowest in Mincane (13.33%). Altun *et al.* (2011) reported that scavenging activity was 55, 52, 57, 53, 54 and 42% in Foşa, Mincane, Palaz, Çakıldak, Sivri and Tombul, respectively. Arcan and Yemenicioğlu (2009) reported that the total amount of phenolics in organic walnut was 538 mg 100 g<sup>-1</sup> GAE and conventional walnut had 589 mg 100 g<sup>-1</sup> GAE, not significantly different.

The use of different solvent and extraction techniques in the extraction of antioxidant components of foods makes it difficult to compare the results of studies on the antioxidant capacities of foods (Tsao and Deng, 2004). Genetic, variety, soil structure, growing conditions, maturity level, and post-harvest conditions affect the antioxidant activities and the amount of phenolic compounds in plant foods and conditions that put the plant into stresses such as pathogenic attack, exposure to ultraviolet light, and heat change, which have an increasing effect (Wu *et al.*, 2004, Faller and Fialho, 2009). The differences with the literature values are thought to originate

from reasons outside the variety. In addition, Çakıldak hazelnut is common in high regions, where there is danger of spring late frost due to late foliation feature (Balık *et al.*, 2016). The reason for the high content of phenolics and antioxidant capacity of Çakıldak may be due to the stress conditions such as cold and heat change.

## CONCLUSIONS

Fatty acids and tocopherol profiles, antioxidant activity, and phenolics contents of six commercially important hazelnut cultivars grown by organic and conventional methods were extensively analyzed. Results showed that variety factor influenced many features. It was determined that oleic acid was the highest fatty acid in all varieties and linoleic, palmitic, and stearic acids followed. The atherogenic index was found to be quite low in Sivri.  $\alpha$ -,  $\beta$ -,  $\gamma$ - and  $\delta$ -tocopherol were detected in all varieties and the dominant tocopherol was  $\alpha$ -tocopherol. It is thought that Çakıldak has higher antioxidant activity and phenolics content than other varieties because it is exposed to stress-producing factors such as heat change and cold. It was found that the production method did not significantly affect the studied parameters, except content of palmitoleic acid, and the fatty acids, tocopherol, phenolics, and antioxidant properties of organic hazelnuts were equal to the conventional ones, contrary to what is expected. Considering the damage of conventional agriculture to the environment and the producer's health, it will be beneficial to support organic farming.

## ACKNOWLEDGEMENTS

This study is a part of Hasan KARAOSMANOĞLU's PhD thesis supported by the project of PYO.MUH.1904.14.009 by Ondokuz Mayıs University Project Management Office. The authors would like to thank O.M.U. for



financial support, Dr. Fatih Öner for statistical analysis and Innovative Food Technologies Development Application and Research Center (Abant İzzet Baysal University).

## REFERENCES

1. Alasalvar, C., Amaral, J. S., Satır, G. and Shahidi, F. 2009. Lipid Characteristics and Essential Minerals of Native Turkish Hazelnut Varieties (*Corylus avellana* L.), *Food Chem.*, **113**: 919-925.
2. Alasalvar, C., Shahidi, F., Liyanapathirana, C., M. and Ohshima, T. 2003a. Turkish Tombul Hazelnut (*Corylus Avellane* L.): 1. Compositional Chracteristics. *J. Agric. Food Chem.*, **51**: 3790-3796.
3. Alasalvar, C., Shahidi, F., Ohshima, T., Wanasundara, U., Yurttas, H. C., Liyanapathirana, C. M. and Rodrigues, F. B. 2003b. Turkish Tombul Hazelnut (*Corylus avellana* L.). 2. Lipid Characteristics and Oxidative Stability, *J. Agric. Food Chem.*, **51**: 3797-3805.
4. Alasalvar, C., Pelvan, E. and Topal, B. 2010 . Effects of Roasting on Oil and Fatty Acid Composition of Turkish Hazelnut Varieties (*Corylus avellana* L.). *Int. J. Food Sci. Nutr.*, **61**(6): 630-642.
5. Altun, M., Çelik, S. E., Güçlü, K., Özyürek, M., Erçağ, E. and Apak, R. 2011. Total Antioxidant Capacity and Phenolic Contents of Turkish Hazelnut (*Corylus avellana* L.) Kernels and Oils. *J. Food Biochem.*, **37**: 53-61.
6. Amaral, J. S., Cunha, S., Santos, A., Alves, R., Seabra, R. and Oliveira, B. 2006. Influence of Cultivar and Environmental Conditions on the Triacylglycerol Profile of Hazelnut (*Corylus avellana* L.). *J. Agric. Food Chem.*, **54**: 449-456.
7. AOCS. 1997. Official Method Ce 8-89: Determination of Tocopherols and Tocotrienols in Vegetable Oils and Fats by HPLC.
8. Arcan, I. and Yemenicioğlu, A. 2009. Antioxidant Activity and Phenolic Content of Fresh and Dry Nuts with or without the Seed Coat. *J. Food Comp. Anal.*, **22**: 184-188.
9. Asif, M., Xuhui, W., Nasiri, A. and Ayyub, S. 2018. Determinant Factors Influencing Organic Food Purchase Intention and the Moderating Role of Awareness: A Comparative Analysis. *Food Qual. Prefer.*, **63**: 144-150.
10. Atoui, A. K., Mansouri, A., Boskou, G. and Kefalas, P. 2005. Tea and Herbal Infusions: Their Antioxidant Activity and Phenolic Profile. *Food Chem.*, **89**: 27-36.
11. Balık, H. İ., Balık, K. S., Beyhan, N. and Erdoğan, V. 2016. *Fındık Çeşitleri*. Trabzon Ticaret Borsası, Klasmat Matbaacılık. 96s., Trabzon.
12. Bezerra, C. V., Rodrigues, A. M. C., Oliveira, P. D., Silva, D. A. and Silva L. H. M. 2017. Technological Properties of Amazonian Oils and Fats and Their Applications in the Food Industry. *Food Chem.*, **221**: 1466-1473.
13. Bligh, E. G. and Dyer, W. L. 1959. A Rapid Method for Total Lipid Extraction and Purification. *Can. J. Biochem. Physiol.*, **37**: 911-917.
14. Chekima, B., Oswald, A. I., Wafa, S. A. W. S. K. and Chekima, K. 2017. Narrowing the Gap: Factors Driving Organic Food Consumption. *J. Clean. Prod.*, **166**: 1438-1447.
15. Crecente-Campo, J., Nunes-Damaceno, M., Romero-Rodriguez, M. A. and Vazquez-Oderiz, M. L. 2012. Color, Anthocyanin Pigment, Ascorbic Acid and Total Phenolic Compound Determination in Organic versus Conventional Strawberries (*Fragaria×ananassa* Duch, cv Selva). *J. Food Comp. Anal.*, **28**: 23-30.
16. Faller, A. L. K. and Fialho, E. 2009. The Antioxidant Capacity and Polyphenol Content of Organic and Conventional Retail Vegetables after Domestic Cooking. *Food Res. Int.*, **42**: 210-215.
17. FIBL and IFOAM Organics International. 2018. *The World of Organic Agriculture, Statistics and Emerging Trends 2018*. <https://shop.fibl.org/CHen/mwdownloads/download/link/id/1093/?ref=1>. Accessed 08.05.2018.
18. GTHB. 2018. *Republic Of Turkey Ministry Of Food, Agriculture and Livestock*. <https://www.tarim.gov.tr/Konular/Bitkisel-Uretim/Organik-Tarim/Istatistikler>. Accessed 02.05.2018.



19. Hansen, T., Sorensen, M. I. and Eriksen, M. L. R. 2018. How the Interplay between Consumer Motivations and Values Influences Organic Food Identity and Behavior. *Food Policy*, **74**: 39-52.
20. ISO. 1978. *Animal and Vegetable Fats and Oils. Preparation of Methyl Esters of Fatty Acids. Method ISO 5509*. In International Organization for Standardization. International Organization for Standardization, Genève.
21. Karaosmanoğlu, H. and Üstün, N.Ş. 2019. Variation of Fatty Acid Composition and Oxidative Stability of Some Hazelnut (*Corylus avellana* L.) Varieties Stored by Traditional Method. *Grasas Aceites*, **70(1)**: e288.
22. Karaosmanoğlu, H. and Üstün, N. Ş. 2017. Organik ve Konvansiyonel Fındıkların (*Corylus avellana* L.) Bazı Fiziksel Özellikleri. *Akademik Gıda*, **15(4)**: 377-385.
23. Kıralan, S., Yorulmaz, A., Şimşek, A. and Tekin, A. 2015. Classification of Turkish Hazelnut Oils Based on Their Triacylglycerol Structures by Chemometric Analysis. *Eur. Food Res. Technol.*, **240**: 679-688.
24. Koç, S. and Bostan, S. Z. 2010. Konvansiyonel, Geçiş yılı ve Organik Fındık Ürünlerinde Bazı Meyve Kalite Kriterlerinin Değişimi. *Türkiye 4. Organik Tarım Sempozyumu*, 28 June-1 July, Bildiriler Kitabı, Erzurum, Turkey, PP. 549-552.
25. Köksal, A. İ., Artık, N., Şimşek, A. and Güneş, N. 2006. Nutrient Composition of Hazelnut (*Corylus avellana* L.) Varieties Cultivated in Turkey. *Food Chem.*, **99(3)**: 509-515.
26. Maggio, A., Pascale, S., D., Paradiso, R. and Barbieri, G. 2013. Quality and Nutritional Value of Vegetables from Organic and Conventional Farming. *Sci. Hortic.*, **164**: 532- 539.
27. Malekjani, N., Emam-Djomeh, Z., Hashemabadi, S. H. and Askari, G. R., 2017. Internal and External Color Development Kinetics during Microwave Assisted Fluidized Bed Drying of Hazelnut. *J. Agr. Sci. Tech.* **19(3)**: 613-626.
28. Marzocchi, S., Pasini, F., Verardo, V., Ciemniowska-Zytkiewicz, H., Caboni, M. F. and Romani, S. 2017. Effects of Different Roasting Conditions on Physical- Chemical Properties of Polish Hazelnuts (*Corylus avellana* L. var. *Katalonski*). *LWT-Food Sci. Technol.*, **77**: 440-448.
29. Oliveira, I., Sousa, A., Morais, J. S., Ferreira, I. C. F. R., Bento, A., Estevinho, L. and Pereira, J. A. 2008. Chemical Composition, and Antioxidant and Antimicrobial Activities of Three Hazelnut (*Corylus avellana* L.) Cultivars, *Food Chem. Toxicol.*, **46**: 1801-1807.
30. Pelvan, E., Alasalvar, C. and Uzman, S. 2012. Effects of Roasting on the Antioxidant Status and Phenolic Profiles of Commercial Turkish Hazelnut Varieties (*Corylus avellana* L.). *J. Agric. Food Chem.*, **60**: 1218-1223.
31. Pelvan, E., Olgu, E. Ö., Karadağ, A. and Alasalvar, C. 2018. Phenolic Profiles and Antioxidant Activity of Turkish Tombul Hazelnut Samples (Natural, Roasted, and Roasted Hazelnut Skin). *Food Chem.*, **244**: 102-108.
32. Safari, M. and Alizadeh, H. 2007. Oil Composition of Iranian Major Nuts. *J. Agr. Sci. Tech.*, **(9)**: 251-256.
33. Samman, S., Chow, J. W. Y., Foster, M. J., Ahmad, Z. I., Phuyal, J. L. and Petocz, P. 2008. Fatty Acid Composition of Edible Oils Derived from Certified Organic and Conventional Agricultural Methods. *Food Chem.*, **109**: 670-674.
34. Singleton, V. L. and Rossi, Jr. J. A. 1965. Colorimetric of Total Phenolics with Phosphomolybdic-Phosphotungstic Acid Reagents. *Am. J. Enol. Vitic.*, **16**: 144-158.
35. Stuetz, W., Schlörmann, W. and Glei, M. 2017. B-Vitamins, Carotenoids and  $\alpha$ - $\gamma$ -Tocopherol in Raw and Roasted nuts. *Food Chem.*, **221**: 222-227.
36. Taş, G. N. and Gökmen, V. 2015. Profiling Triacylglycerols, Fatty Acids and Tocopherols in Hazelnut Varieties Grown in Turkey. *J. Food Comp. Anal.*, **44**: 115-121.
37. Tsao, R., and Deng, Z. 2004. Separation Procedures for Naturally Occurring Antioxidant Phytochemicals. *J. Chromatogr. B*, **812**: 85-99.
38. Turan, A., Ruşen, M., İslam, A., Kurt, H., Ak, K., Sezer, A., Sarioğlu, M., Kalyoncu, İ. H. and Kalkışım, Ö. 2010. Giresun Koşullarında Organik Fındık Üretim İmkânlarının Araştırılması. *Türkiye 4.*

- Organik Tarım Sempozyumu*, 28 June-1 July, Bildiriler Kitabı, Erzurum, Turkey, PP. 123-129.
39. Tüfekci, F. and Karataş, Ş. 2018. Determination of Geographical Origin Turkish Hazelnuts According to Fatty Acid Composition. *Food Sci. Nutr.*, **6**: 557-562.
  40. Ulbricht, T. L. V. and Southgate, D. A. T. 1991. Coronary Heart Disease: Seven Dietary Factors. *Lancet*, **338**: 985-992.
  41. Venkatachalam, M. and Sathe, S. K. 2006. Chemical Composition of Selected Edible Nut Seeds. *J. Agric. Food Chem.*, **54**: 4705-4714.
  42. Wu, X., Beecher, G. R., Holden, J. M., Haytowitz, D. B., Gebhardt, S. E. and Prior, R. L. 2004. Lipophilic and Hydrophilic Antioxidant Capacities of Common Foods in the United States. *J. Agric. Food Chem.*, **52**: 4026-4037.
  43. Yadav, R. and Pathak, G. S. 2016. Intention to Purchase Organic Food among Young Consumers: Evidences from a Developing Nation. *Appetite*, **96**: 122-128.

### اسیدهای چرب، توکوفرل، و محتوای فنولی فندق ارگانیک و فندق کاشت معمول

ه. کاراعثمان اقلو، و ن. س. استون

#### چکیده

هدف این پژوهش تعیین محتوای فنولی و فعالیت آنتی اکسیدانی و نیز مقدار اسیدهای چرب و توکوفرل فندق (*Corylus avellana*) تولیدشده به روش ارگانیک و به روشهای رایج بود. نتایج به دست آمده حاکی از بیشتر بودن پالمیتوئیک اسید ( $P < 0.05$ ) در فندق ارگانیک بود. روش تولید اثری بر پارامترهای دیگر نداشت ولی عامل وارسته یا رقم گیاه بر بسیاری از پارامترها اثر گذاشت. در همه وارسته ها اولئیک اسید بیشترین مقدار اسید چرب بود و به دنبال آن لینوئیک، پالمیتیک، و استئاریک اسید قرار داشت. کمترین شاخص آتروژنیک (atherogenic index) در وارسته Sivri بود و هیچ تفاوتی از نظر شاخص ترومبوژنیک (thrombogenic) مشاهده نشد ( $P < 0.05$ ). در همه وارسته ها مواد  $\beta$ ،  $\gamma$ ،  $\delta$ -tocopherol تشخیص داد شد و  $\alpha$ -tocopherol ماده غالب بود. بیشترین مقدار توکوفرل در وارسته Mincane (به مقدار 549.73 میلی گرم در یک کیلو گرم چربی) مشاهده شد. بیشترین مقدار مواد فنولی ( $546.53 \text{ mg } 100 \text{ g}^{-1} \text{ GAE}$ ) و فعالیت آنتی اکسیدانی (۴۸/۸۴٪) در وارسته Çakıldak دیده شد که احتمالاً به علت این بود که این وارسته در معرض تنش در مناطق مرتفع و سرد قرار داشت. نتایج تجزیه های گسترده نشان داد که فندق ارگانیک از نظر پارامترهای مطالعه شده در این پژوهش هیچ اختلاف معناداری با فندق کشت شده به روش های رایج و معمولی نداشت.